

LYNN COUNCIL ON AGING SENIOR CENTER



September 2016

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

September holds a lot of important designations. We open the month by celebrating the economic and social contributions of all workers strengthening the prosperity, and well-being of our country thus marking Labor Day. School re-opens for another year. Solemnly this year is the 15th anniversary of the attacks on our Nation on 9/11. Grandparent's Day is the Sunday after Labor Day as proclaimed by President Jimmy Carter in 1978. It is National Senior Center Month. But most importantly, guess who turns 80? On September 7th wish my mother a Happy Birthday! Let's bring September to a whole new level of fun and ride it right into the holidays.... Because who knows? Does a drought summer bring lots of snow?



~Stacey Minchello

From Your Mayor

I hope you all enjoyed a wonderful summer and are looking forward to the temperatures dipping and the leaves turning colors in the weeks ahead. Fall is always such a beautiful time in New England, particularly here on the North Shore.

As Essex County celebrates Trails and Sails—two weekends of walks and waters—we will be hosting a number of events here in Lynn. On Sept. 17 and Sept. 24, visitors can enjoy a walk through Lynn Woods to Stone Tower and Dungeon Rock. On Sept. 18, local historian Julia Greene will lead visitors on a walking tour of Pine Grove Cemetery that covers its founding to the Gilded Age. On Sept. 25, Patti Knight will share her research and insights on the cemetery and its history from the late 1800s to the present. On Sept. 16, the Lynn Museum will host a free guided tour of its permanent collection and newest exhibits, and on Sept. 23, the museum will be hosting a walking photography tour through downtown Lynn to capture hidden architectural and artistic gems within the urban landscape. On Sept. 24, LynnArts will be hosting a free viewing of its newest photography exhibit, "Off The Grid." People experiencing homelessness in Lynn have been working with volunteer professional photographers to learn the art of photography and this inspiring exhibit tells their stories.

Also this month, Lynn Museum/LynnArts is hosting its 7th Annual History and Hops fundraising event on Sept. 16, starting at 7 p.m., in conjunction with the Downtown Lynn Cultural District.

At the Lynn Auditorium, television personality and medium Theresa Caputo—best known for her role on the TLC reality TV series "Long Island Medium"—will be joining us on Sept. 26. We have an exciting lineup of shows to follow, including Gladys Knight, William Shatner, Jack Hanna and Smokey Robinson. For tickets or more information, please visit www.lynnauditorium.com or call the box office at 781-581-2971.

Finally, welcome back to all our students and teachers as they begin this new school year. I wish all of them the best as they continue to work hard and make this city proud.

Enjoy this beautiful time of year,
Mayor Judith Flanagan Kennedy


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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503

Rosa Paulino-Diaz
Activities Assistant ext. 625

Pam Brito
Program Coordinator ext. 618

Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

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Meets 4th
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monthly at
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Membership Secretary

Next FRIENDS
Meeting,
Sep. 22nd @ 10am

FRIENDS MEETINGS

FRIENDS MEETINGS: **10 am** - First Floor Board Room

Sept 22nd Oct 27th

Nov 17th Dec 29th

Considering joining the FRIENDS? Come visit us and see what we're all about! ... Friendship first, friendly smiles making smiles and raising funds for our senior center.

SEPTEMBER HAPPENINGS

Thurs, Sept 1 st	Veterans Coffee Hour with Tom Moran	Resource Library	1:00 pm – 2:00 pm
Tues, Sept 6 th	Birthday Party Karaoke!		11:30 am – 1:00 pm
Tues, Sept 6 th	Hearing Clinic	Resource room- walk-ins	10 am
Weds, Sept 7 th	FLU CLINIC	brought to you by Walgreens Bring your insurance card	9 am – 11 am
Thurs, Sept 8 th	Podiatry Appointments		10 am – 12 pm
Thurs, Sept 8 th	<u>Ice Cream Social!</u> Friends of LCOA	\$50	1pm
Mon, Sept 12 th	Bingo Bonanza \$11 - 12 games	9 cards -paper sheets only one package per person Big prizes! 12 noon card sales until 12:50	1 pm start time
Tues, Sept 13 th	Boston Red Sox vs. Baltimore Orioles		7:10 PM
	4pm depart from Senior Center		
	\$48 Grandstand seats	Reservations start August 12 th -	
	Must pay in full – no refund unless we sell your seat-		
	T-shirt give away night, thus the early departure		
	Bus drops at gate, escort to your seat		
	Leave Fenway before 9:45pm		
Weds, Sept 14 th	Mass Senior Action Meeting	Wall Plaza	10 am
Thurs, Sept 15 th	<u>Lunch Trip:</u> Flaming Grille, Revere	\$2	10:30 am – 1:30 pm
Fri, Sept 16 th	BROWN BAG Program sponsored by the BOSTON FOOD BANK		10 am – 12pm
Fri, Sept 16 th	Entertainment: “Cliff Tones”		12 noon
Mon, Sept 19 th	<u>Lunch Trip:</u> Floramos, Everett	\$2	10:30 am – 1:30 pm
Tues, Sept 20 th	Free Speaker Workshop: Learn about <u>Zabota</u>		9:30 am game room
	~a local multi language Lynn Adult Day program that offers activities 3:30 pm – 9:30 pm		
Weds, Sept 21 st	<u>Plainridge Casino:</u> pre-paid reservation required	\$20	8:30 am – 5 pm
	\$15 slot play plus slice of pizza and soda	companions must be 21	
	40 passengers must be registered by Sept 9th for trip to go -		
	please sign up early with your marquee rewards #		
Thurs, Sept 22 nd	Friends of the Lynn Council on Aging meeting		10 am
Thurs, Sept 22 nd	CELEBRATE THE SENIOR CENTER TODAY!! Join the fun!		
	-September is National Senior Center Month-		
	Denise Doucette will be performing 12:30 – 1:30 pm		
	Mini lpad raffle	1pm	
Tues, Sept 27 th	<u>Lunch Trip:</u> Red's, Peabody	\$2	10:30 am – 1:30
Weds, Sept 28 th	Lynn Council on Aging Board of Directors Meeting		11:30 am
Thurs, Sept 29 th	Podiatry Appointments		10 am – 12 pm



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SEPTEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NUMBERS IN () ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE ALSO LISTED FOR THE ENTIRE MEAL, INCLUDING MILK, BREAD, AND DESSERT.	ITEMS MARKED WITH * INDICATE HIGHER SODIUM (more than 500MG). MEALS MARKED WITH ** ARE HIGH SODIUM (more than 1200 mg PER MEAL.	MENU SUBJECT TO CHANGE WITHOUT NOTICE	¹ Baked pasta /cheese(398) Salad(50) Calories(650) Sodium(622) ALTERNATIVE Caribbean chicken(122) Calories-657 Sodium-400	² <u>SEPTEMBER SPECIAL</u> Cheeseburger /ketchup Seasoned potato wedges Broccoli Gata cookie Calories-841 Sodium-1190
⁵ LABOR DAY HOLIDAY NO MEAL SERVICE	⁶ Baked fish/tartar sauce (224) Brown rice/beans(60) Salad (50) Calories-670 Sodium-822 ALTERNATIVE Jerk chicken(150) Brown rice and beans(60) Calories-682 Sodium-721	⁷ Turkey chili/cheese(483) California blend veg.(23) Calories-632 Sodium-726 ALTERNATIVE Tilapia/tomatilla salsa(137) Veg. rice pilaf(13) Calories-625 Sodium-500	⁸ Cheese tortellini/sauce(170) Salad/dressing(50) Calories-600 Sodium-510 ALTERNATIVE Brazilian chicken(122) Salad(50) Brown rice(6) Calories-663 Sodium-468	⁹ Beef tips/peppers & onions(490),potato(6) Calories-753 Sodium-964 ALTERNATIVE Cheese lasagna/sauce-411 Broccoli(12) Calories-600 Sodium-580
¹² Baked tomato chili chicken-377 Corn(15) Calories(725) Sodium(937) ALTERNATIVE Stuffed shells/sauce(481) Calories-671 Sodium-986	¹³ Meatballs/sauce/rotini(313) Salad/dressing(50) Calories-(711) Sodium(880) ALTERNATIVE Brazilian salmon (260) Calories-600 Sodium-617	¹⁴ Beef stew(94) Capri blend veg.(15) Calories-(846) Sodium-(440) ALTERNATIVE Chicken with rice(122) Calories-678 Sodium-468	¹⁵ Boneless pork chop /gravy (55) Mashed potato(198) Sala (50) Calories-682 Sodium-653 ALTERNATIVE Braised chicken(255),yuca (80) Calories-800 Sodium-655	¹⁶ Cheese lasagna(411) Broccoli(12) Calories- 600 Sodium-745 ALTERNATIVE Stewed beef(134) Calories-731 Sodium-581
¹⁹ Chicken parm/pasta(736)* Carrots(74) Calories(800) Sodium(1300) * ALTERNATIVE Beef with rice(490) Calories-834 Sodium-1099	²⁰ Roast turkey florentine(456) Sweet potato(160) Salad (50) Calories-722 Sodium-1084 ALTERNATIVE Macaroni and cheese(582) * Calories-670 Sodium-1050	²¹ Shepherd's pie(167) Mixed veg.(40) Calories-753 Sodium-675 ALTERNATIVE Chicken creole(220) Calories-692 Sodium-743	²² Meatloaf/brown gravy(278) Mashed potato(198)Salad (50) Calories-660 Sodium-846 ALTERNATIVE Cerdo asado(pork)-(64) Calories-671 Sodium-636	²³ Baked crispy chicken(422) Yellow rice(6) Calories-600 Sodium-745 ALTERNATIVE Empanada(veg." pastry") Calories-745 Sodium-410
²⁶ Cheeseburger/ketchup(623) * Homefries(50) Calories-690 Sodium-1100 ALTERNATIVE Veggie burger /bun(480) Mashed potatoes(198) Calories-643 Sod.-1250**	²⁷ Chicken alfredo/rotini(651) * Salad/dressing(50) Calories-700 Sodium-1003 ALTERNATIVE Beef tips/peppers & onions (490),plantains(26) Calories-771 Sodium-852	²⁸ Turkey chili/cheese(483) California blend veg. (23) Calories-706 Sodium-1077 ALTERNATIVE Arroz con pollo(chicken with rice)-(122) Calories-703 Sodium-716	²⁹ Lemon pepper pork(255) Mashed potato(198)Salad-50 Calories-694 Sodium-992 ALTERNATIVE Baked breaded whitefish/ tartar sauce(224) Calories-646 Sodium-822	³⁰ Rosemary chicken(349) Rice(6) Broccoli(12) Calories-664 Sodium-693 ALTERNATIVE Cheese pizza(680)* Broccoli(12) Calories-706 Sodium-950

SENIOR CENTER ACTIVITIES • SEPTEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	10:00-11:00 FREE DANCE LESSONS
1:00-2:45 BINGO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	
	12:30-1:30 ESL CLASS	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	10:45-12:30 LUNCHEON
	1:30-2:30 IMMIGRATION INFO	12:30 – 1:30 IN2L VIDEO EXERCISE	12:30-2:30 JAPANESE BUNKA EMBROIDERY	11:30-12:15 EXERCISE CLASS
	12:30-2:30 CRIBBAGE	1:00 – 3:00 MOVIE		1:00-2:45 BINGO
	12:00-2:45 POKENO	1:00-3:00 'PENNY ANTE' POKER	1:00 FREE ZUMBA CLASS	
	1:30 BILLIARDS CLUB	2:00-3:00 HORSE RACE GAME		
	2:00-3:00 GAMERS GROUP			

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APARTMENTS

CASINO TRIPS

Departs from Lynn Senior Center

Foxwoods Casino \$28
6:30 a.m. – 6:30 p.m.

Tues, Oct 18th
Tues, Nov 15th

\$10 Free Slot Play

\$10 Food coupon or free meal at the buffet

**PLEASE NOTE EARLIER
DEPARTURE TIME IS AN
ATTEMPT TO BEAT BOSTON TRAFFIC**

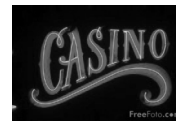
Plainridge Casino \$20
8:30 am - 5:30 pm

Weds, Sept 21st
Weds, March 22, 2017

\$15 Free slot play and if you're a new
rewards member, you receive a U-Spin for a
chance to win \$5 - \$500.

* Limited seating
* Pre-paid reservation
required
* Must have 40 reservations by July 9th.

Leave Lynn Senior Center promptly at 8:30
am and leave casino promptly at 3:45 pm.



MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

Sept 7th	The Choice	2016	PG-13	111 mins
Sept 14th	The Spanish Prisoner	1997	PG	110 mins
Sept 21st	The Client	1994	PG-13	121 mins
Sept 28th	The Finest Hour	2016	PG-13	117 mins



Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.



Sorry for the inconvenience...

Benefit Help and SNAP Assistance Office Hours have been suspended while we actively recruit resources and support staff to re-open.

We apologize for this inconvenience.

Safelink cell phone assistance is available by appointment.

Food stamp applications are available upon request.

Call with any questions.

OPEN ENROLLMENT INFORMATION NOTICE

Do Not Ignore Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. *This information is important because it explains changes in your plan for 2017.* During Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

Do Not Wait Until It's Too Late!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and Medicare-related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO

(1-800-243-4636), then **press or say 3**. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.

MEDICARE		HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)			
NAME OF BENEFICIARY JOHN DOE			
MEDICARE CLAIM NUMBER 000-00-0000-A		SEX MALE	
IS ENTITLED TO HOSPITAL (PART A)		EFFECTIVE DATE 01-01-2007	
MEDICAL (PART B)		01-01-2007	
SIGN HERE →			

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Safelink/Assurance Cell Phone Assistance

Office Hours

Tuesdays & Wednesdays
1:30 pm – 3:00 pm



Due to the high demand of this service we believe we may be able to better accommodate if we set office hours.

You may make an appointment; however not necessary.

Subject to change depending on staffing levels.



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Place Your Ad

Wellness Watch September 2016

September 22, 2016 is National Fall Prevention Awareness Day. In honor of this event, it is important to share fall prevention tips. Here are 6 steps to prevent a fall:

1. **Find a good balance and exercise program.** Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.
2. **Talk to your health care provider.** Ask for an assessment of your risk of falling and share your history of recent falls.
3. **Regularly review your medications with your doctor or pharmacist.** Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.
4. **Get your vision and hearing checking annually and update your eyeglasses.** Your eyes and ears are key to keeping you on your feet.
5. **Keep your home safe.** Remove tripping hazards, increase lighting, make stair safe, and install grab bars in key areas.
6. **Talk to your family members.** Enlist their support in taking simple steps to stay safe. Falls are not just an issue for aging adults.

For more information visit www.ncoa.org/fallsprevention

Matter of Balance
Lynn Community Health Center
269 Union Street
Tuesdays
September 13-November 1
2:00-4:00pm

In addition, join one of
GLSS Wellness programs,
Matter of Balance

Matter of Balance
Lynnfield Council on Aging
525 Salem St
Wednesdays
September 21-November 9
12:30-2:30pm

The program and materials are **FREE**

To register please contact:

Kelsey Spotts
Greater Lynn Senior Services
781-586- 8530 kspotts@glss.net

The Kiosk for Living Well

September is many people's favorite month -- the bright blue skies, low humidity, and mild temperatures make working and playing so much more enjoyable. So, increase your exposure to fun by coming to the Kiosk for Living Well.

While you're there, you can get your blood pressure checked. The bi-lingual **Healthy Hearts** nurses will be at the Center on **Tuesday September 13th** and **Thursday September 22nd** between **10:00 and Noon**. If you haven't met Brenda, Yas-mel, Danielle, or Johanna, please come introduce yourself!

You can also improve your balance and learn some strengthening tips along the way with Sylvia, our **MoveSafe Counselor and Fall Prevention specialist**. This month she'll be at the Kiosk on **Thursday September 1st** from **10:00-12:00**.

The Kiosk is open every Tuesday and Thursday from 10:00 – Noon.

Kiosk Exercise classes take place in the activities room **every Tuesday and Wednesday from 12:30 to 1:30**.

Make the Kiosk a part of your weekly routine!

SEPTEMBER

A E R I F U G T L R T U
 F R A C S L M L E N A C
 I S A S O S A B E C O O
 O N D V E B M W S P C L
 R I E V T E U H I N G O
 W S A O T N O S N N H R
 E E O P C L M N H I D E
 L F E I I V N U A E A Y
 R S D D Y L R E T A F R
 I E A S C H O O L U S A
 R Y R A K E C F L O A W
 E R K R X R A P W L H T

Acorn
 Autumn
 Bus
 Cider
 Coat
 Color
 Fire
 Football
 Gloves



Hat
 Holiday
 Leaves
 Rain
 Rake
 Scarf
 School
 September
 Windy



SPIRIT GEAR! Wear the pride!



Get your Lynn Senior Center
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Sizes medium – XXXL
Sample hanging in center!

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WWW.FACEBOOK.Com/LYNNSENIORCENTER

Tired of waiting for the mail?

Monthly newsletters are posted online at www.ci.lynn.ma.us

Click City Hall

Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view



RAFFLE! RAFFLE! RAFFLE!



\$5 per ticket

First prize: Apple mini ipad

Second Prize: \$100

Third Prize: \$50



Winners pulled: September 22nd 1pm
with special guest performer: Denise Doucette 12pm
Proceeds benefit the FRIENDS of the LCOA

IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger

~ Dr. Harvey Berger

Thank you for your donation

~ Sophie Karoumpalis

Thank you for your donation

~ Irene Noel

On the joyous occasion of your 80th birthday,
Joan Noble

~ always friends, Joanne Rosen

In loving memory of my dear mother, Alice Porter

~ Noreen Porter



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DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of



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WEDNESDAYS

9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$18
WASH, CUT & SET	\$18
COLOR	\$25
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS

9:30 AM—10:30 AM

**KIOSK FOR
LIVING WELL**
EVERY TUESDAY &
THURSDAY
10:00 AM—12:00 PM

MILLION HEARTS NURSE

2ND TUESDAY &
4TH THURSDAY

*(SEPTEMBER 13TH & 22ND)
10:00 AM—12:00 PM

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

VETERANS COFFEE HOUR

September 6th

1:00 pm - 2:00 pm



PODIATRIST



September 8th & 29th

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

BLOOD SUGAR & BLOOD PRESSURE

Wednesdays



8:00 am - 9:00 am

note time change

*Every Wednesday, 8am - 9am

HEARING CLINIC



September 6th & November 8th

10:00 am - 11:00 am

Please note that the hearing clinic is now every other month.

MASSAGE THERAPY

1:00 pm - 3:00 pm

Call for appointment.



LYNN COUNCIL ON AGING SENIOR CENTER

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